

TTC Friday 14th June

11 am - 1.30 pm - General asana class

1.30 - 2.30 - Lunch

2.30 - 4.00 - TSIO, Relaxation & Savasana

4.00 - Tea

4.30 - 5.30 - Safe Teaching

5.30 - 6.00 - Pranayama

Asana

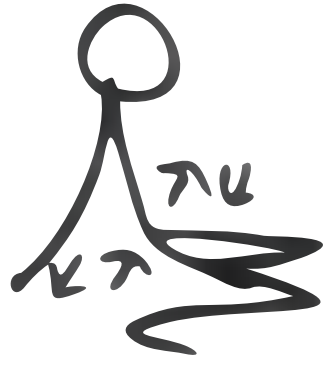
← setting + breaking

as

← as →

← adding foot/belt

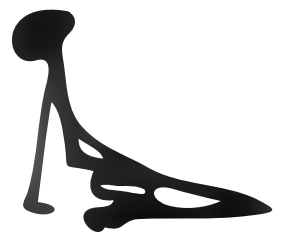
into ~~as~~ folding + lengthening



Side sitting, exploring movement of hip joint

> front to back + down

> circling body



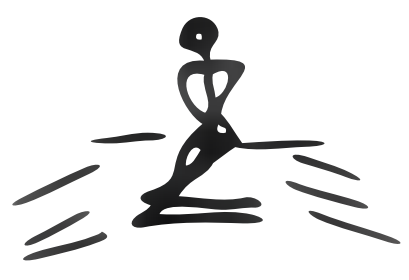
- Virasana

Supta Virasana (towards)



block

Triang Mukhaipada Paschimottanasana + belt if needed.



prep.

Bharadvajasana



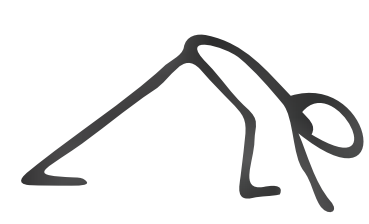
Can use belt

into

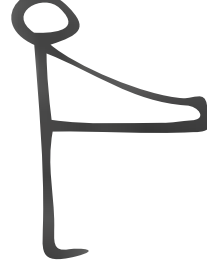


mini lunge

Parsvottanasana



Balancing -  circling in hip joint

Hasta Padungasthasana -  in front of you + out to side

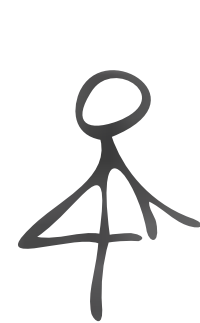


Uttanasana to wall -

arms up, hands (palms) on wall

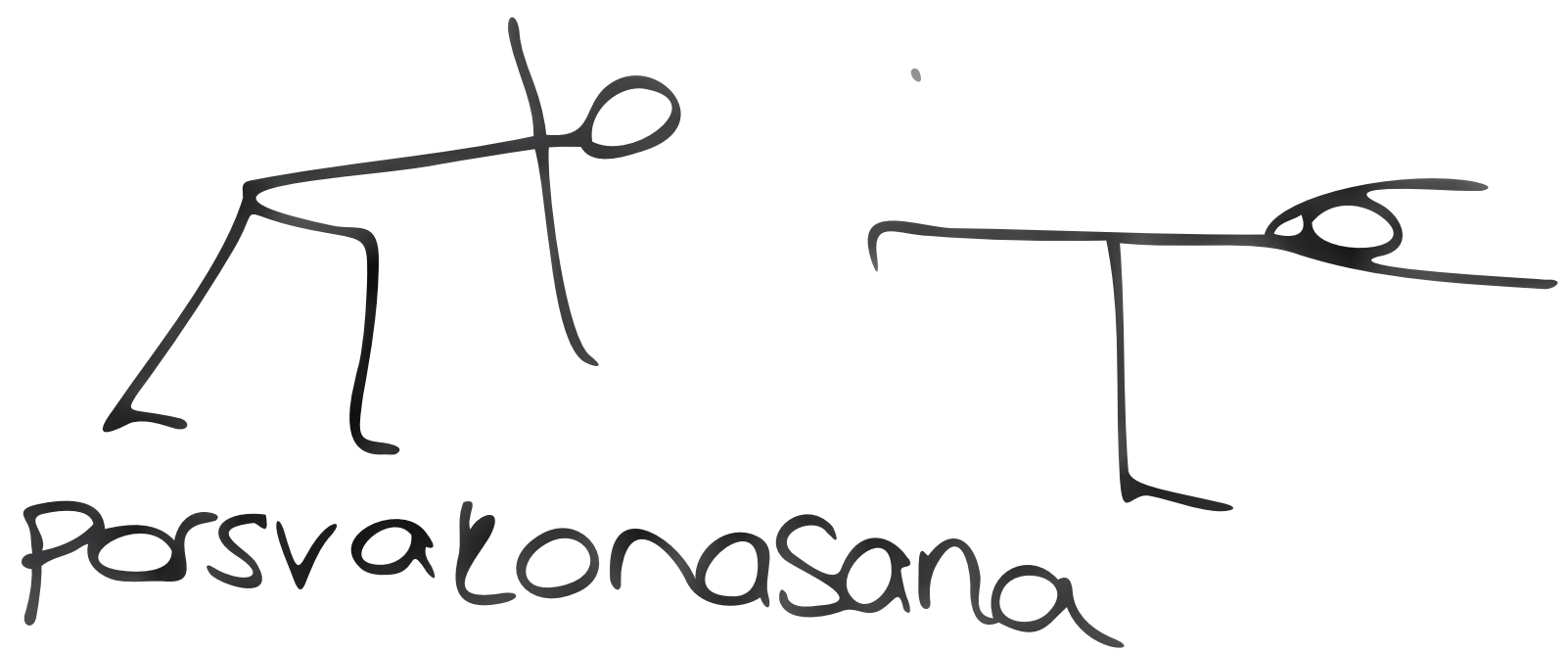
Ardha ~~Padungasthasana~~

baddha padmottanasana -



to floor or dog + up again

Virabhadrasana sequence

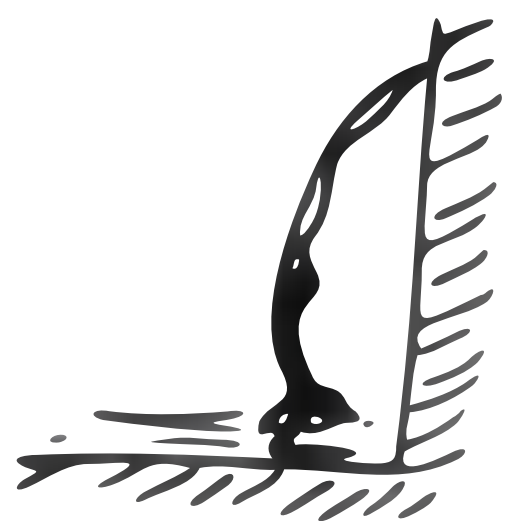


don't lift pelvis on one side



resting knees wide

Elbow dog



Elbow stand.

Salabhasana

towards 'Bow'



long neck
quiet jaw

Navasana

& folding in, toes off floor

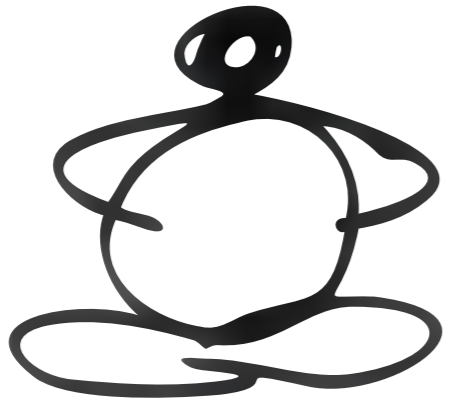
& bring 1 leg up



Navasana with belt - using abdominals + long out breath

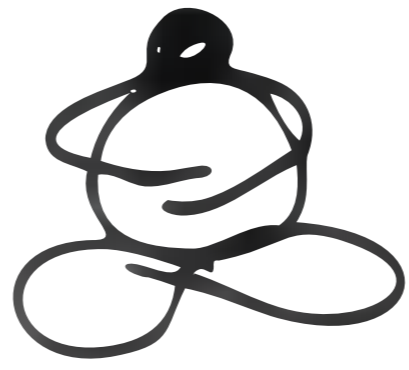
Sounding:

①



~~Eeee~~ Aaaa a

②



Eeee e

③



Ooo o

Savasana

Our experiences

In our own self-practice

Teaching it

Positioning